

Squad Structure & Pathway Guide (May 2025)

NATIONAL PATHWAY

REGIONAL PERFORMANCE - 13/17yrs
(TARGET: REGIONAL CHAMPIONSHIPS)

NATIONAL PERFORMANCE - 14/18yrs
(TARGET: HOME NATION CHAMPIONSHIPS - GB CHAMPIONSHIPS)

**JUNIOR
MASTERS 16+**
Y/E 31st December

COMPETITIVE
(TARGET: COUNTY CHAMPIONSHIPS)

FITNESS & MULTI-SPORT
(TARGET: COMPETE HOME MEETS
& BRIDGE TO MASTERS)

MASTERS 18+
(TARGET: TRAIN TO
COMPETE & FITNESS)

REGIONAL PATHWAY

AGE GROUP PERFORMANCE - 10/13yrs
(TARGET: MULTIPLE COUNTY AUTO QTs - REGIONAL CHAMPIONSHIPS)

YOUTH PERFORMANCE - 13/16yrs
(TARGET: MULTIPLE COUNTY AUTO QTs - REGIONAL CHAMPIONSHIPS)

COUNTY PATHWAY

JUNIOR COUNTY - 9/11yrs
(TARGET: COUNTY BASE QT 9/10yrs - COUNTY CHAMPIONSHIPS 11yrs)

AGE GROUP COUNTY - 12/15yrs
(TARGET: COUNTY BASE QT 12+yrs - COUNTY CHAMPIONSHIPS 13+yrs)

COMPETITIVE DEVELOPMENT

JUNIOR COMPETITIVE DEVELOPMENT - 8/11yrs
(TARGET: COMPETE REGULARLY - HOME & AWAY MEETS)

AGE GROUP COMPETITIVE - 12/15yrs
(TARGET: COMPETE REGULARLY - HOME & AWAY MEETS)

SKILLS DEVELOPMENT & FITNESS

SKILLS ACADEMY - SKILLS DEVELOPMENT
(SQUAD 3, 7/9yrs - TARGET: CLUB TIME TRIALS & CHAMPIONSHIPS)

SKILLS ACADEMY - SKILLS & FITNESS DEVELOPMENT
(SQUAD 4, 10/11yrs - TARGET: CLUB TIME TRIALS & CHAMPIONSHIPS)

SKILLS ACADEMY - FUNDAMENTALS
(SQUADS 1,2., 7/10yrs)

**CLUB 1
SKILLS DEVELOPMENT**
11/14yrs

**CLUB 2
SKILLS & FITNESS**

(TARGET: FUN & FITNESS
12/17yrs & BRIDGE TO MASTERS)